



# Sidekicks Project: Friendship Rocks

**Total Project Time:** 15 minutes

## Project Theme:

Connect through word association and reflection.

## Project Materials:

- » Rocks (1-2)
- » Word stickers
- » Scissors
- » Paintbrush
- » Craft glue/other glue
- » Small bowl, disposable if possible
- » Magazines (optional)



## Project Instructions:

1. Identify a partner to work with on this short project. It can be a friend, family member, neighbor, or other "Sidekick" of your choosing.
2. Gather the listed activity materials and set them up in a comfortable space. You also will need to collect a few rocks, ideally about the size of your palm. Rocks can be found in nature, or you can use paper if rocks are not accessible.
3. Set your rocks to the side. (You will use them soon.) Take some time to think about the important friendships in your life. Choose words from word stickers or magazines you may have on hand that remind you of friends, the qualities you look for in friends, and how having friends makes you feel. Share the significance of the words you have chosen with your partner, or among others important to you if you are working independently.
4. Dilute your glue with water in a small bowl with a 3:1 ratio of glue to water so it spreads easily. Brush a thin layer of the glue mixture across the top of your rock with a paintbrush. (Rubbing plastic wrap or using a sponge with the mixture can work well too if a paintbrush is not available.) Alternatively, you can use tape rather than glue depending on your preference.
5. Place your words on your Friendship Rock any way you would like. Add a final layer of the glue mixture or tape to seal in your additions. Let the rocks dry. If you are working with a partner in person, consider trading Friendship Rocks in celebration of your connection to one another.
6. Consider these questions as fun conversation starters while you work with your partner to complete the project:
  - » *What makes a true friend?*
  - » *What qualities are most important to you in your personal friendships?*
  - » *What qualities do you possess that make you a true friend to others?*
7. Tell us about your Sidekick!
  - » Visit [ParkinsonsSidekicks.com](https://ParkinsonsSidekicks.com) to add your story to our growing archive to help inspire others.
  - » Post a photo of your completed project by commenting on a post on the Sidekicks Facebook page ([Facebook.com/ParkinsonsSidekicks](https://Facebook.com/ParkinsonsSidekicks)).
  - » Share your experience on your own social media channels with #ParkinsonsSidekicks included in the post.

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